The Left Foot Organics Cookbook:

Recipes for Great Food and a Healthy Community

Dear Friend,

Left Foot Organics is a Thurston County not-for-profit corporation organized in 2001. Left Foot Organics operates an organic garden of five acres, producing a variety of certified organic vegetables and flowers. Our mission is to promote self-sufficiency for people with a variety of physical, mental, and behavioral limitations. For example, we currently have growers with Down's syndrome, autism, and cognitive compromise following traumatic brain injury. We provide part-time year round, paid employment for 8-10 growers with disabilities and an additional 5-6 rural youth who come for an integrated work experience in the outdoors, growing good food for the whole community.

We serve our community not only with training and meaningful employment but also through the production of high quality, fresh, organic food and flowers. Our products are precious and enthusiastically consumed. They arise from the earth with flavor and beauty; therefore, we return respect to the land by incorporating sustainable farming practices.

You'll find we aren't satisfied to keep this knowledge to ourselves. Expert presentations to the public about the stewardship of farmable land and the health of organic food have become popular components to our volunteer days.

Perhaps the most important result of our work is the farm's welcoming spirit. The purposeful inclusion brings not only awareness to the great variety of individual talents, but also fosters new, and perhaps unexpected, friendships. As a result, we have a strong and spontaneous family to share that pot of wholesome food.

In our pursuit of growing great food, developing employment skills for overlooked populations and supporting progressive agricultural education we foster inclusion. Workers, volunteers, customers, and the interested public dedicate themselves to this cooperative zeal. We reap a collective smile.

Our long-term goal is to become a model horticultural therapy program and community resource, providing year round employment, volunteer and training opportunities for all who share our vision.

Your support of Left Foot Organics through the purchase of this cookbook is greatly appreciated. Your contribution helps us to build a better community.

Left Foot Folks

Dear Friend,

Thanks for buying this cookbook, a collection of recipes gathered by supporters of *Left Foot Organics*. *Left Foot* is a small, local non-profit organization that grows healthy food, healthy people and a more diverse and welcoming community. Founded in 2001, *Left Foot* provides meaningful, paid jobs and life skills training for people with cognitive disabilities and low-income rural teens year round on a five-acre organic farm just south of Olympia, Washington. *Left Foot* is guided in its work by the conviction that *all* people have a right to the opportunities and support they need to participate fully in their community, and to develop their abilities through productive work and social activity. Our goal is an inclusive community, where people with disabilities can be independent, self sufficient, contributing members. We believe in respect for each other and respect for the land. We value and encourage hard work *and* having fun.

Left Foot *exists* to bring people of all abilities together to work toward common goals. Every year on the farm people with disabilities of all ages work together with rural youth and many community volunteers to grow, harvest and sell over $50,000 worth of high quality, certified organic food and farm crops. All this hard work builds physical strength and emotional courage. And the support and encouragement that *Left Foot* growers receive from each other—and the from the customers who buy their beautiful produce—help to build the meaningful community and personal relationships that are so important to healthy mental development and quality of life.

In its relatively short history of growing, *Left Foot* has positively affected the lives over 50 youth and adults with and without disabilities, as well as many hundreds more as volunteers, as consumers, and as family members and caregivers. *Left Foot* has established a reputation for addressing compelling social needs in Thurston County. Each year in Washington State, 700 students graduate from high school special education programs with very limited job prospects and lacking the services they need to make a successful transition to work, adulthood, and independent living.

We provide a place where people with disabilities and youth can belong, be productive, learn to work as a team, and be **valued for what they *can* do**, not judged by what they can't. Teens struggling against difficult odds to make healthy choices for themselves and in need of positive relationships with adults who care about them find a welcoming, safe place on the farm. At *Left Foot all* program participants are challenged to do their best, and **receive the support they need to *be* their best**.

Perhaps the most important result of our work is the farm's welcoming spirit. Purposeful inclusion brings not only awareness to the great variety of individual talents on the farm, but also fosters new, and perhaps unexpected, friendships. As a result, we have a strong and spontaneous family to share the pot of wholesome food prepared from the recipes in this collection.

Selling our vegetables, flowers, herbs, and plants brings in **much needed income** to serve the job and life skills training needs of participants who are most difficult to serve and least likely to find jobs on their own. Meaningful work in a safe and healthy environment reduces the social isolation typically experienced by people with disabilities. It also **gives their families much needed respite time.** Without *Left Foot*, people with disabilities are often stuck at home alone in front of the TV, or cycling in and out of service sector jobs that fail to engage their skills or interests. With *Left Foot* employment, they are contributing community members and taxpayers, who require fewer expensive social services.

Thank you for being there with us, and for believing in our mission. It is *your* support that gives people with disabilities and rural youth the chance to become more self-sufficient, more independent, and more understanding of one another through working together. Your purchase of this cookbook helps us to continue this important work. In return, we promise to keep bringing you wonderful, certified organic produce, grown with great care for the land and for the people.

Thanks for keeping us growing!

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Hors d'oeuvres, Dressings, and Sauces

CRAB CAKES

Executive Mansion

1 lb. crab meat
1/2 c. mayonnaise
1 tsp. chopped parsley
1 stalk celery, chopped fine
3 shallots, chopped fine
1/4 tsp. Tabasco
1/2 c. dried bread crumbs
2 eggs, beaten slightly
2 c. panko
1/2 c. pommery mustard
3 tbsp. mayonnaise
1/2 c. clarified butter

Flake the crabmeat apart in a large bowl with two forks. Add the mayonnaise, parsley, celery, shallot, and Tabasco. Stir with a spatula until all the ingredients are evenly mixed. Mix in the dried breadcrumbs. Mix well. Mix the eggs into mixture.

Place the panko in a pie plate or other flat, low-sided dish. Scoop out heaping tablespoons of the crab mixture onto the panko, forming cakes that are 2 inches in diameter and about 3/8 inch thick. Flip each to coat the other side. Place them on a baking sheet. Chill the cakes for 30 minutes.

Mix the mustard and mayonnaise in a serving dish or into individual condiment cups. Cover and chill.

Heat 2 tablespoons of the clarified butter in a large frying pan. Fry the cakes, a few at a time, over medium heat, adding the clarified butter as it's needed. Keep the finished cakes warm in a 200 degree oven.

BLACK-EYED PEAS WITH SALSA

For the Peas:

1 lb. black-eyed peas (2 cans or about 1 1/3 c. dry
1/2 c. fresh lemon juice
2/3 to 1 c. olive oil
5 or more cloves garlic
1 scant tsp. oregano
2 tsp. fresh lime juice
1 tsp. salt

Soak dry peas overnight, then cook in salted water until very tender (or open the cans). Drain peas and rinse with cold water. Process other pea ingredients in the Cuisinart and toss with the peas.

For the Salsa:

1 onion, medium, quartered
1/3 green bell pepper, seeded
2 oz. fresh jalapeño peppers, green and red, with seeds
1/3 bunch cilantro, stems removed

Gently sauté the onion in a small amount of olive oil until translucent. Cool and add to peppers and cilantro. Use Cuisinart to purée. Add to the pea mixture, salt to taste and garnish with lime slices.

EVA'S PICKLED BEETS

submitted by Brenda Bowser

18 medium - large red beets
2 c. sugar
2 c. water
2 c. strong white vinegar
1 tsp. whole cloves
1 tsp. whole allspice
1 scant tbsp. ground cinnamon

Cook beets until tender. Peel. Mix sugar, water vinegar and spices in saucepan and cook until boils. Cut beets into chunks about 1.5 to 2 inches cubed (or use whole small beets, which are very pretty).

Add peeled beets to syrup and simmer 10 minutes. Pack into sterilized jars with syrup to cover. Seal by the boiling method or keep in refrigerator.

Makes about 3 quart jars (or 6 pints or 12 half-pints).

Let sit for a week or more before eating for full flavor. These can be stored like pickles for a long time.

BASIC WHITE SAUCE RECIPE

2 tbsp. butter
2 tbsp. all-purpose flour
Salt and pepper to taste
1 c. milk

In a saucepan over medium heat, melt butter. Whisk in the flour, salt, and pepper until smooth. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Use immediately or refrigerate.

TZATZIKI

Christy Johnson

4 c. fresh yogurt, unflavored
1 medium cucumber, peeled and grated coarsely
4 cloves of garlic, crushed
2 tbsp. olive oil
1/2 tsp. dill weed
Salt and pepper to taste
Additional olive oil for garnish

Place a piece of cheesecloth over a colander and pour in the yogurt. Allow to drain for several hours. Use the whey in soup or in baking. Place the grated cucumber in another colander and drain for 2 hours. Mix together all of the ingredients except the additional olive oil and chill.

Place in serving dishes and garnish with a drizzle of olive oil on top.

** This is just delicious as an hors d'oeuvres with wedges of pita bread or vegetables, or as a sauce for a gyros sandwich.

MAMA MARTELLI'S PESTO SAUCE

Joanne Quante's mom

4 c. basil
1/2 c. olive oil
3-4 cloves of garlic
6 pieces of parsley
1/4 c. pine nuts or walnuts
1 tbsp. salt
1/2 c. parmesan cheese

Put all of the ingredients in Cuisinart; pulse until mixed, not mushy. Put in ice cube trays, freeze, then remove and wrap each cube individually in plastic wrap. Put into ziplock bags and store in freezer.

Use 1-2 cubes to taste in spaghetti sauce, pizza dough and other sauces.

RADISH BUTTER FOR RADISH SANDWICHES

6 radishes (French Breakfast or a mix of colors)
4 tbsp. unsalted butter
1 tsp. finely grated lemon zest
Sea salt
4 thick slices crusty baguette bread

Wash and trim the radishes. If the leaves are tender and fresh, set a dozen or so aside. Slice the radishes into thin rounds, then crosswise into thin strips. Finely chop the leaves. Mix the butter with the lemon zest until soft, then stir in the radish strips, chopped leaves and a pinch of salt.

Spread the butter mixture on the baguette slices.

Makes 4 slices.

** Preparation time 15 minutes

BASIL VINAIGRETTE DRESSING

1/4 c. red wine vinegar or sherry vinegar
2 tbsp. balsamic vinegar
1 tbsp. coarsely chopped shallot
2 tsp. Dijon mustard
1/2 tsp. salt
3/4 c. olive oil
3 tbsp. chopped basil

In a blender or food processor, purée all the ingredients except the olive oil. With the blender going, gradually add the olive oil until completely mixed.

The dressing tastes best when served at room temperature, but it should be stored in the fridge.

HUMMUS

Christy Johnson

2 cans of garbanzo beans (or chick peas) drained

1/2 c. tahini sesame seed paste

Or you can substitute 1-2 tsp. of sesame oil

4 cloves garlic, minced

1/2 c. lemon juice

Salt to taste

Pinch of cayenne pepper

1 tsp. cumin

2 tbsp. olive oil

Put in food processor and purée. Add additional olive oil until hummus is the desired consistency. Add additional salt and cayenne to taste.

** This appetizer is just delicious served with pita bread or vegetables for dipping.

ARUGULA PESTO

1/4 c. olive oil

2-4 garlic cloves, to taste

1/4 c. walnuts or pine nuts

1/4 c. grated parmesan

3-4 c. fresh, washed arugula (or a combination of arugula and basil is good. I've added kale also with delicious results)

Combine olive oil, nuts and garlic in blender to make a paste. Add arugula and parmesan and blend thoroughly. Great on crackers, sandwiches or pasta (can be thinned with a bit of chicken broth).

JUST STEAMER CLAMS

Jane Boone

4 garlic cloves
2 c. diced onions
1/2 c. celery tops, chopped
Add 1/2 c. chopped parsley

In a large pot layer the above with 6 lbs cleaned clams in the shell. Do NOT add water—clams will release enough to steam everything until done. Put on hot stove and cook until clams are open.

(If you are fortunate enough to have access to a lot of clams, and have some left over, this makes an excellent base for chowder.)

SPICY PEANUT SAUCE

1/2 c. Peanut Butter
3 tbsp. Hoisin Sauce
1/4 c. water
Dash hot pepper sauce

Mix ingredients in glass container and heat until bubbly in microwave.

Serve as a dipping sauce for vegetables. May also wrap other leftovers in a large lettuce leaf and dip in peanut sauce.

EXTRA RECIPES

Salads, Vegetables & Soups

EGGPLANT GRATIN

2 medium onions - Walla Walla's when in season
10 tbsp. olive oil
4 medium eggplants
2 garlic cloves
Several sprigs of savory
1/4 c. chopped parsley
4 ripe tomatoes
Salt and freshly ground black pepper
4 tbsp. bread crumbs
4 tbsp. grated parmesan cheese

Peel onion, slice them thin and cook over low heat with 2 tablespoons of olive oil in a heavy saucepan; do not let them brown!!

Preheat the oven to 550 degrees.

Peel eggplants and cut them into 1/8 inch thick slices. Peel the garlic. In a food processor or blender chop the garlic, savory, and parsley. Add bread crumbs and Parmesan cheese. Set aside.

Oil 2 sheet pans with olive oil and sprinkle lightly with salt. Arrange the eggplant slices on the pans in a single layer, brush with olive oil and bake until tender - about 10 minutes. Repeat until you have cooked all the eggplant. Set aside.

Reduce oven temperature to 350 degrees. Cut the tomatoes into thin slices.

Assemble: Lightly oil a large gratin dish or baking dish with olive oil and arrange eggplant slices to cover bottom of dish. Spoon onions loosely on top of eggplant slices. Salt lightly and top with sliced tomatoes. Sprinkle with the herb/bread crumbs. Repeat, ending with herb/ bread crumbs. Drizzle with olive oil (a couple of tablespoons).

Bake for 45 min. If it looks like it is drying out, reduce temperature to 325 or lower.

This dish is actually best the next day. The flavors really meld. It is excellent with Walla Walla onions and fresh vine tomatoes from your garden or the farmers market in summer.

QUINCY SUMMER SALAD

Elee Peer

salad:

2/3 c. chopped celery
2 c. frozen white corn
2 c. peas
1 c. finely chopped, peeled jicama
1/2 c. thinly sliced green onion
1/4 c. chopped red, orange or yellow pepper

In a large mixing bowl combine ingredients and mix well.

dressing:

1/2 c. seasoned rice vinegar
2 tbsp. brown sugar
1/2 tsp. salt
1 tbsp. fresh parsley or cilantro, chopped
1/4 tsp. ground white pepper
1 tbsp. snipped fresh mint

Mix dressing ingredients, pour over salad, toss gently to coat, cover and chill up to 2 hours.

Makes 10 to 12 servings.

SWEET POTATO SALAD WITH CIDER VINAGRETTE

Linda Bryant

1 1/2 lb. sweet potatoes peeled and quartered lengthwise
2 tbsp. olive oil
1/4 c. thinly sliced green onions
2 tbsp. cider vinegar

SAVORY SQUASH PIE

Katie Agren

1 medium or 2 small winter squash (try red kuri or blue ballerina

2 sweet potatoes

2 regular potatoes

1 bunch of kale, collards, or sturdy mustard greens

1 large onion

6 cloves of garlic

1 1/2 c. of shredded cheese sharp cheddar is best)

2 tbsp. olive oil

1 egg, beaten

1 tsp. ginger

Dash nutmeg

Dash cloves

Sage (optional)

Salt and pepper to taste.

Pie shell

Preheat the oven to 375. Cut the squash into quarters and scoop out seeds, quarter the potatoes also. Put them all into a large baking pan (with the squash cut-side down) and drizzle with olive oil (if the squash seems a little dry, you can add a 1/2 cup water to the bottom of the baking pan) and bake for about 45 minutes until everything is tender (test it with a fork). Remove from the oven and let cool.

While the oven is still hot (might want to turn it down to 350), pre-bake pie shell for about 10 min.

Next cut the onion (or leeks) into chunks, mince the garlic, and sauté with olive oil in a pan until translucent, add the greens and stir around until they are softened a bit. Now get a big bowl, peel the skin off of the cooled squash, and mash the squash together with the potatoes (don't mash it too much, you want it to be chunky). Fold in the onion mixture, the cheese and the egg, then add all the spices and salt and pepper to taste.

You can add some corn at this point or any other tender fast-cooking veggies you like. Mound up the mixture into the pie shell, and bake for another 20 -30 minutes (depending on how much you cool the squash before mixing it) in a 350 degree oven.

You can also cover it in foil and freeze it before doing the final baking and bake it for about 45 minutes in a 350 degree oven at your convenience. Let cool for a few minutes, then serve it up in slices.

CHICKEN VEGETABLE SOUP WITH DUMPLINGS

Mary Ann Altman

1 whole chicken
1 tsp. salt
1 lb. carrots, chopped
2 large potatoes, chopped
2 onions, chopped
1 turnip, chopped
4-5 stalks of celery
Chicken bouillon as needed
1 bunch parsley
2 bunches green onions cleaned
Salt and pepper to taste

Wash chicken thoroughly, then cover with water in a large pot. Add salt. Bring to a boil, skim fat, and simmer for 45 to 60 minutes. Remove chicken from the pot to cool. Add chopped vegetables to water and simmer until tender. Add bouillon to flavor as necessary.

Remove skin and bones from cooled chicken. Cut into bite sized pieces. Return chicken to soup when vegetables are tender. Continue to simmer. Tie parsley and onions into a bunch and put in soup to cook (or add chopped parsley and chopped onions).

Dumplings may be added to soup 15-20 minutes before serving. Add salt and pepper to taste.

Note: If dumplings are added, I leave out the potato. Soup freezes well, without the potato or dumplings.

Dumplings:

1 c. water
1 c. butter
1 tsp. salt
1 c. sifted flour
2 eggs

Bring water, butter, salt to a rolling boil. Add 1 cup sifted flour all at one time. Beat vigorously with a wooden spoon until mixture leaves sides of pan and forms a smooth ball. Remove from heat.

Quickly beat in 2 eggs, one at a time, beating until smooth after each addition.

Continued...

Heat to boiling 2 quarts of water and 2 teaspoons of salt into a large saucepan.

Drop dumpling dough by rounded teaspoonfuls into water (dough will drop more readily from a spoon moistened with boiling water). Cook only as many dumpling at one time as will float, uncrowded, one layer deep. Cook 3-5 minutes or until dumplings rise to surface of water. Remove dumplings with a slotted spoon. Put several dumplings in each soup bowl and ladle soup over them.

Makes about 3 dozen dumplings.

BOK CHOY STIR-FRY

2 tbsp. soy sauce
2 tbsp. water
2 tsp. sugar
1 tbsp. canola oil
1 tsp. sesame oil (optional)
1 bunch bok choy with leaves, cut stems crosswise into 1/2 inch pieces, leaves into 1 inch pieces
4 green onions, chopped (or bulb onion, sliced thin)
4 green onions, chopped (or bulb onion, sliced thin)
1/2 inch cube ginger, shredded fine

In a teacup mix soy sauce, water and sugar; set aside.

In a wok heat canola and sesame oils over medium-high heat. Add bok choy stems, green onions, garlic, ginger and stir-fry 3-5 minutes. Reduce heat and add soy sauce mixture and bok choy leaves. Stir-fry just until bok choy is wilted, about 3 minutes. Serve over short grain rice.

Options: Add diakon or other radishes, sliced; minced garlic, greens (diakon, kale, turnip, chard).

BAKED STUFFED PUMPKIN (SWEET)

1 medium sugar pumpkin
6 Granny Smith apples, peeled, cored, and chopped
1 c. chopped walnuts
1 -16 oz. can whole berry cranberry sauce
1 20 oz. can pineapple chunks drained
3/4 c. packed brown sugar
1/2 c. golden raisins
1/2 c. dark rum (optional)
2 tsp. minced fresh gingerroot
1 tbsp. freshly grated nutmeg
1 tbsp. ground cinnamon

Preheat oven to 350 degrees. Position rack in the center of the oven.

Cut out the top of the pumpkin and set aside. Scoop out seeds with a metal spoon.

In a large bowl, stir together the apples, walnuts, cranberry sauce, pineapple, brown sugar, raisins, and rum. Season with ginger, nutmeg, and cinnamon, and mix well. Spoon the mixture into the cleaned pumpkin, and replace top.

Set pumpkin directly on a baking stone or a thick baking sheet. Bake for 1 hour or until pumpkin begins to soften. Remove from heat and stir, scraping the sides gently so that some pieces of pumpkin fall into the apple mixture.

** This recipe is wonderful as a side dish and it is very impressive when you bring the whole pumpkin to the table!

GROUND BEEF AND GREEN BEANS

Sauce:

2 tsp. cornstarch
1/3 c. cooled broth
1 tbsp. soy sauce
1 tbsp. dry sherry
1 tsp. cider vinegar

In a small bowl, combine all the sauce ingredients. Make sure the cornstarch is completely dissolved. Set the mixture aside.

Main ingredients:

1 tbsp. oil
1 lb. green beans, trimmed and sliced diagonally into 1 inch lengths
2 tsp. finely minced fresh ginger
2 tsp. finely minced garlic (2 large cloves)
1/4 tsp. hot red pepper flakes
1/2 lb. ground turkey or other meat for stir-fry

In a wok or large skillet, heat the oil for 30 seconds over high heat, and add the green beans. Stir-fry the green beans for about 4 minutes--the beans should be tender-crisp and lightly charred in spots. Remove the green beans with a slotted spoon, and set them aside.

Add the ginger and garlic to the pan, cook them for 30 seconds or so and than add the ground meat and pepper flakes, crumbling the meat with a spatula. Stir-fry the mixture just until the beef loses its pinkness. Drain off all the excess fat from the pan.

Stir the reserved sauce once more, and add it to the meat. Cook the mixture, stirring it, for a few minutes until the sauce thickens. Fold in the reserved green beans, heat the mixture for 1 minutes. And serve.

** One of our favorite recipes from Jane Brody's Good Food Cookbook.

A quick stir-fry that is wonderful with rice, noodles or mashed potatoes.

CURRIED BUTTERNUT SQUASH SOUP *Nicci Johnson*

2 onions (1 lb. total), peeled and chopped

1 c. celery, chopped

2 to 4 tbsp. butter

1/4 c. tomato paste or roasted tomatoes on page 65

1 to 3 tbsp. yellow curry paste or curry powder

2 lb. butternut squash, peeled and cut into 1" chunks

2 Granny Smith apples, chopped

6 c. chicken broth

2 tsp. grated fresh ginger

1/2 tsp. black pepper

1 can coconut milk

3 c. chard or kale, chopped and blanched

1/2 c. dry sherry (optional)

1/2 c. shelled, cooked crab (optional)

Sauté butter, celery and onions until translucent. Add apples, curry paste and tomato paste, and sauté a minute longer, until fragrant.

Add squash, broth, 4 cups water and ginger. Bring to a boil, cover and reduce heat. Simmer until squash easily mashes, about 30 min.

Whirl squash mixture in a blender or food processor until smooth. (Some texture is fine.) Add coconut milk, sherry and greens and heat until steaming.

Ladle soup into bowls, mound crab in center if using. Garnish with slivers of red pepper if desired.

PEA SOUP WITH BASIL CREAM & EASTER EGG RADISHES

Kosher salt

5 c. frozen peas

1 1/2 tbsp. unsalted butter

1 large white onion, finely diced

Fresh ground black pepper

7-8 c. chicken stock

1/2 c. washed & dried basil leaves

3/4 c. heavy cream

Kosher salt and freshly ground pepper

2-3 small Easter Egg radishes

Bring a medium pan of salted water to a boil. While the water is coming to a boil, fill a bowl with ice water. Add the peas to the boiling water and cook until just tender, about one minute. Plunge them into the ice bath to cool.

Melt butter over medium heat in a small sauté pan. Add the onion seasoned with salt and pepper and cook until tender, about 7 minutes. Add the peas and chicken stock and simmer for 2 minutes. Purée the mixture in a food processor or blender. Strain and set aside.

Bring a small saucepan of salted water to a boil. While the water is coming to a boil, fill a bowl with ice water. Add the basil leaves to the boiling water and cook until just wilted, about 15 seconds. Plunge into an ice bath to cool. Drain, squeeze dry and set aside

Combine the basil with 1/4 cup cream in a blender. Purée. Whip the remaining cream until it holds soft peaks. Add the basil purée and whisk until the peaks are firm, but not dry. Season the cream with salt and pepper.

Cut the radishes crosswise into thin slices. Cut the slices into thin sticks. Ladle the pea soup into warm bowls. Add a spoonful of basil cream and a sprinkle of radishes and serve immediately.

** Serves 4-6.

ASIAN SHREDDED CABBAGE AND CHICKEN SALAD

Executive Mansion

Salad:

1 c. cooked and shredded chicken breast

1 1/2 c. shredded cabbage (2/3 green and 1/3 red)

1 carrot, peeled and coarsely chopped

1/4 c. fresh mint leaves, chopped

1/4 c. red bell pepper, diced

1/4 c. yellow bell pepper, diced

3 tbsp. roasted unsalted peanuts, chopped

Fresh cilantro sprigs for garnish

1/4 c. red bell pepper, diced

1/4 c. yellow bell pepper, diced

3 tbsp. roasted unsalted peanuts, chopped

Fresh cilantro sprigs for garnish

Combine the shredded chicken, cabbage, peppers, carrots and mint leaves in a large mixing bowl.

Dressing:

2 chiles, minced and seeded

2 cloves garlic

1 tbsp. sugar

1 tbsp. rice vinegar

3 tbsp. fresh lime juice

3 tbsp. fish sauce

3 tbsp. olive oil

2 green onions, sliced on diagonal

1/4 tsp. freshly ground black pepper

Combine the dressing ingredients in a bowl, stirring well to mix. Pour dressing over salad and toss well to combine. Transfer salad to serving plate.

Garnish with chopped peanuts and cilantro sprigs and serve.

** A favorite of Governor Gregoire and The First Gentleman.

BITTER LEMON, HONEY & SWEET SIMMERED GREENS

1-1/2 to 2 lb. Swiss chard or other greens

1-1/2 tbsp. extra virgin olive oil

1/2 tsp. cumin seeds

2 cloves garlic, thinly sliced

4 slices lemon, 1/8 inch thick, seeds removed

1/4 c. reduced-sodium chicken or vegetable broth (or water)

1 tbsp. honey

1/4 tsp. salt and freshly ground pepper to taste

Separate chard leaves from stems and ribs; wash leaves thoroughly and roughly chop; if using stems, rinse and finely chop.

Heat oil in a deep sauté pan or Dutch oven over medium heat; add cumin seeds and cook, stirring often, until fragrant, about 1 minute. Add garlic and chard stems; cook stirring often, for 3 minutes more. Stir in lemon slices.

Add the leaves in 2 batches, allowing them to wilt before adding more; add broth (or water), honey, salt and pepper. Cover and cook until greens are tender, 1 to 2 minutes more. Serve hot or warm.

** Use any soft, quick-cooking greens, such as spinach, Swiss chard or beet greens, for this recipe, but keep in mind that they have slightly different cooking times. The recipe comes from Eating well.com

Serves 4.

Ready in 40 minutes (20 minutes prep.).

COLCONNAN

1 lb. potatoes, washed but not peeled

1 lb. green cabbage, shredded (4 c.)

1 large onion, chopped (1 c.)

1/4 c. skim or low-fat milk

1 tbsp. butter

3 oz. sharp Cheddar, coarsely grated, divided

Freshly ground black pepper and salt to taste

Boil the potatoes in light salted water until they are very tender but not mushy. Drain them, reserving the cooking liquid and set them aside to cool.

Using the potato water, boil the cabbage and onion for about 5 minutes. Drain the vegetables and set them aside.

When the potatoes are cool enough to handle, peel off the skin, place the potatoes in a bowl, add the milk and butter and mash them until they are smooth. Add the reserved boiled cabbage and onion to the potato mixture.

Mix two-thirds of the cheese with the potato mixture. Season the colcannon with pepper and salt and transfer it to a greased casserole or shallow baking dish. Sprinkle the remaining cheese on top. Heat in the oven at 350 to 425 letting the cheese on top brown slightly.

** Potato and cabbage casserole.

HOT AND SOUR GUMBO

1 can coconut milk

1 c. salsa

Juice from 1/2 lime

2 c. cooked kohlrabi, cubed

1-2 c. cooked or canned beans

Minced garlic and ginger to taste

Mix in the pot until the cubes are tender.

SHAVED ZUCCHINI PARMESAN SALAD

Barbara La Forge

4 tbsp. extra virgin olive oil
1 tbsp. red wine vinegar
1 tbsp. fresh lemon juice
1 tbsp. capers, chopped
1 tbsp. fresh basil leaves
1 small garlic clove, chopped
1/2 tsp. salt
1/4 tsp. freshly ground black pepper
1/2 c. thinly sliced red onion
2 c. fresh zucchini cut into very thin slices, 2" in length
8 radicchio leaves
4 c. cut romaine lettuce
1/4 c. shaved parmesan cheese
1/2 lemon, cut into 4 wedges for garnish

In a bowl whisk the oil, vinegar, lemon juice, capers, basil, garlic, salt and pepper. Add onion and sliced zucchini and toss with the marinade to coat.

This can be made ahead & refrigerated for several hours. Bring it to room temperature just before serving.

Fan 2 radicchio lettuce leaves on each of 4 plates, place 1/4 of the romaine in the center and top with equal amounts of the marinated zucchini. Drizzle all the remaining marinade on top of each salad and sprinkle with the Parmesan shavings. Garnish with sprigs of fresh basil and lemon wedges.

This recipe is from "Eating Stella Style".

BAR-B-Q ASPARAGUS

Diane Wilkes

1 lb. asparagus
1 tbsp. olive oil
Salt & pepper

Trim tough ends from asparagus and toss it in the oil. Sprinkle with salt and pepper and place on a medium hot grill. Turn with tongs after a few minutes and continue cooking (about 3-4 min./side).

RISOTTO WITH GREENS

1 small onion, finely chopped
2 tbsp. olive oil
1 c. risotto uncooked
1/2 - 3/4 lb. fresh greens trimmed and torn (spinach, collards, kale, chard, mustards, turnip greens, beet greens, etc.)
14 garlic cloves, minced
Freshly ground black pepper to taste
1 c. parmesan cheese optional

Sauté onion in olive oil in a small stock pan. Add risotto and sauté until golden. Add greens and garlic, sauté until greens are wilted. Stir in broth slowly (one can at a time). Cook covered on low heat until most of the liquid is absorbed, stirring occasionally. Add black pepper stirring well. Add cheese, if desired and blend well before serving.

** No greens will be wasted! If you are not sure how to use your greens make this for dinner!

Double the recipe.

BOK-CHOY NOODLE SALAD (VERY YUMMY!)

1 bok choy
1 bunch green onion
2 tbsp. butter
1/2 c. sesame seeds
1 c. cashews
3/4 c. slivered almonds
1/2 c. vinegar
1 c. oil
1/2 c. sugar

BAKED STUFFED PUMPKIN (SAVORY)

1 c. wild rice
1 medium sugar pumpkin
2 tsp. salt
1/2 tsp. dried mustard
1 lb. ground beef
1 onion chopped
3 eggs beaten
1 tsp. dried sage
1/2 tsp. fresh ground black pepper

In a saucepan bring 4 c. water to a boil. Add wild rice and stir. Reduce heat, cover, and simmer 1 hour or until tender.

Preheat oven to 350 degrees.

Remove the top of the pumpkin and scoop out pulp and seeds. Prick the pumpkin interior with a fork (without piercing through to the outside) and rub with 1 teaspoon salt and the dried mustard.

Cook ground beef and onion until browned. Remove from heat. Mix in the wild rice, remaining salt, eggs, sage and pepper. Stuff the pumpkin with this mixture and place in a shallow baking pan with 1/2 inch water.

Bake the pumpkin in the preheated oven 1 1/2 hours or until tender. Add more water to the baking dish as needed to avoid sticking.

SAUTÉED RADISH AND ARUGULA

4 tbsp. butter
8 Easter Egg radishes
2 c. arugula leaves

Melt butter in a sauté pan, add radishes and cook over medium heat about 4 minutes. Transfer cooked radishes to a bowl. Add arugula to the skillet and sauté 3 minutes, until wilted. Return the radishes and toss together with the Arugula, heat briefly. Serve hot.

CANDACE'S RATATOUILLE PIE

Candace Clishe

1 med. eggplant, cut into cubes, sprinkled with salt and placed between paper towels and weighted down

1 med. zucchini, sliced and sautéed

1 onion, diced and sautéed until transparent

1 or more sliced tomatoes

Optional: mushrooms, celery, cabbage or any other sliced and sautéed vegetable you have on hand.

1 c. grated cheese

1 tsp. or more Italian herbs

Salt & pepper to taste

1 unbaked pie shell

2 tbsp. Parmesan Cheese

After the eggplant has exuded some of its juices, about 30 minutes, lightly sauté it in 2 tbsp. oil. Sprinkle the bottom of the pie crust with parmesan cheese.

Layer the pie crust with 1/2 the eggplant, 1/2 of the grated cheese, 1/2 of the zucchini & other sautéed vegetables and 1/2 the herbs. Continue layering, and top with the sliced tomatoes, sprinkled with more parmesan cheese.

Bake at 400 for 40 to 50 minutes. Enjoy with a glass of wine and some crusty bread.

(Note: If you make your own pie crust, add some parmesan cheese to the recipe.)

OYSTER STEW

Nicci Johnson

2 dozen oysters and their liquor

1 tsp. celery salt

1/2 tsp. paprika

1 pint milk

1/2 tsp. Tabasco

Butter

Place oysters and their liquor in saucepan and heat over high heat. Add celery salt and paprika and cook until edges of oysters curl. Add milk and cream and heat to serving temperature. Remove from heat and add Tabasco. Serve in bowls with a pat of butter on top.

CREAM OF BOK CHOY SOUP

1 tbsp. dark sesame oil
3 scallions, cut into large pieces
3 cloves garlic, peeled and crushed
2 slices (1/4" thick) fresh ginger
1 lb. bok choy, cut into 2
1 large all-purpose potato (8 oz.), peeled and diced
3 c. water
3/4 tsp. salt
1/4 tsp. pepper
2 tbsp. reduced fat sour cream

Prep time: 30 minutes.

In a medium saucepan, heat sesame oil over medium heat. Add scallions, garlic, and ginger and cook stirring two or three minutes until fragrant.

Add bok choy, potato, water, salt, and pepper and bring to a boil over high heat. Cover reduce to low and simmer 20 minutes or until potato is tender.

With slotted spoon, transfer solids to food processor. Pulse until puréed. Return solids to pan and stir to combine. Stir in pepper and sour cream. If you like top with an additional dollop of sour cream and thinly sliced scallions.

Serves 4.

SPAGHETTI SALAD

Mary Ann Altman

1 12 oz. pkg. spaghetti, cooked, rinsed, and cooled
2 tbsp. wine vinegar
1 clove garlic
2 medium cucumbers, diced
1 c. Italian dressing
1 green or red pepper, sliced
1 tbsp. Johnny's Dock Salad Elegance
2 medium tomatoes, diced
Salt and pepper to taste

Mix all ingredients thoroughly, then add to the cooled spaghetti. Marinate for 2 days, stirring occasionally. Will keep for 1 week if refrigerated.

ONION AND CHEESE PIZZA

From Jane Brody's good food book.

1 tbsp. butter

3 large onions, thinly sliced (3 c.)

2 tbsp. grainy mustard

8 to 12 oz. Fontina cheese, coarsely shredded

1 tbsp. minced fresh parsley

1/2 tsp. dried thyme (or try fresh)

Make your own crust or buy a ready made pizza crust, about 13 inch round.

Preheat oven to 475.

Melt the butter in a heavy skillet. Add the onions, cover the skillet, and cook the onions over low heat for about 10 minutes or until the onions are translucent. Uncover the skillet, turn the heat up to medium, and continue to cook the onions, stirring them, for about 10 minutes longer or until they are golden. Remove them from the heat.

Spread the mustard on the dough, scatter the onions evenly over it, sprinkle the cheese over the onions, and top with the parsley and thyme. Place the pizza in the preheated oven for about 20 minutes.

CURRIED PEA SOUP

Jan McPhillarney

2 tbsp. butter

1 clove garlic

1 med. onion

2 tsp. curry powder

2 - 3 c. shredded lettuce

2 c. peas

3 c. vegetable stock

Melt butter. Sauté garlic, onion and curry powder over medium heat about 2 minutes. Add lettuce and peas. Stir until wilted, Add stock, bring to boil, reduce heat, cover and simmer about 15 minutes. Blend thoroughly. Serve with cream or yoghurt and paprika garnish.

LATIN-STYLE BEAN SALAD

Cherie Berthon

2 garlic cloves minced
1 medium red onion, sliced very thin
2 large limes, juiced.
1 1/2 lb. vine ripened tomatoes
3- 14 oz. cans black beans
1 c. chopped cilantro
1/3 c. olive oil
Salt and pepper

This recipe is very flexible, adjust any of the ingredients to suit your own tastes. However, freshly squeezed lime juice is essential. Don't substitute lemon juice or bottled lime juice.

Put the minced garlic and thinly sliced onions in a large bowl and add a generous amount of salt (about 1 teaspoon) and the juice of the 2 limes. Toss it all together and let the mixture sit while you chop the tomatoes. The salt and lime juice will soften and mellow the onions and garlic.

Chop the tomatoes into bite-size cubes. Add the tomatoes, rinsed beans, cilantro, and oil to the onion mixture. Toss together and taste for a good balance of salt and acid. Add more salt or lime juice as needed, and pepper to taste. Let the salad marinate for at least one hour (2 or 3 is much better).

BROC-CAUL-CRAN PEANUT SALAD

Kim Emerson

1 head broccoli, chopped
1 head cauliflower, chopped
1 small red onion, chopped
1 pkg. craisins
1 small can lightly salted peanuts
1 c. mayonnaise
1/3 c. sugar
2 tbsp. vinegar

Mix salad ingredients together. Wait until right before serving to stir in dressing.

You can put less peanuts and craisins in or substitute with chopped crispy bacon or boiled eggs or other fruits and nuts.

ZUCCHINI PIE

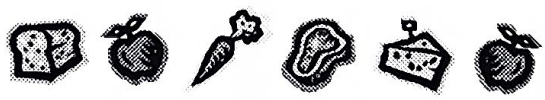
Jean Vanek

9 inch pie shell, baked
3 medium zucchini, sliced, not peeled
3 tbsp. butter
1 clove garlic
2 c. sliced fresh mushrooms
1/4 tsp. salt
1/4 tsp. dill weed
1/8 tsp. pepper
1/4 tsp. oregano
2 eggs
2 c. Monterey Jack cheese, cubed
2 tbsp. parsley
1 large tomato chopped
3/4 c. chopped walnuts or cashews

Sauté sliced zucchini in butter and garlic; add sliced mushrooms and continue sautéing. Drain vegetables WELL on several layers of paper towel. Extract as much moisture as possible from vegetables to avoid a soggy bottom crust. Spread evenly in pre-baked pie shell.

Beat eggs and seasonings (except parsley) – pour over vegetables. Sprinkle evenly: tomato, cheese, nuts and parsley.

Bake at 325o for 40 - 45 minutes. Let stand at least 10 minutes before slicing and serving.



QUICK GREENS

Wash any type of greens that can be cooked (kale, collards, mustards, chard, spinach, etc.)

Sauté with olive oil and garlic until wilted. Transfer to serving platter and add cracked black pepper and a splash of balsamic vinegar. Easy yet delicious.

** Less than 10 minutes from start to finish.

BRUSSELS SPROUTS IN MUSTARD SAUCE

2 tbsp. cornstarch
1/4 c. water
1 (14.5 oz.) can chicken broth
1 lb. Brussels sprouts
2 tsp. prepared Dijon-style mustard
2 tsp. lemon juice

Dissolved cornstarch in 1/4 cup water, and set aside.

In a medium saucepan over medium heat bring chicken broth to a boil. Add Brussels sprouts and cook until tender. Strain, reserving chicken broth and place Brussels sprouts in a warm serving dish.

Return chicken broth to stove, stir in mustard and lemon juice, and return to boil. Add cornstarch mixture. Cook and stir until thickened. Pour over Brussels sprouts to serve.

Prep time: approx 10 minutes Cook time: approx. 20 minutes

** "The Brussels sprouts are cooked in chicken broth and therefore do not have the bitter after taste they have when cooked in water. My children love this recipe." Printed from All recipes, submitted by Marilyn)

Serves 6.

HERB SALAD

E.L.Johnson

4 c. arugula, butter lettuce, green lettuce, romaine, etc. (any combination that is available. I prefer some firmer greens in with the softer kind)
1/2 c. herbs (I use chives, lavender, mint, and thyme)
Sea salt
Freshly ground pepper
1 tbsp. peanut, olive or walnut oil or more to taste
1 tbsp. fresh lemon juice or wine vinegar

Toss greens lightly. Add herbs and oil. Toss well. Salt and pepper to taste. Toss to blend.

ARUGULA, GARLIC CHIPS & PARMESAN SALAD

Salad (Serves 3) Vegetarian:

3 oz. (1 1/2 c.) arugula leaves
2 oz. (1/2 c.) parmesan cheese, thinly shaved
1 pkg. (3 1/2 oz.) golden gourmet enoki mushrooms
4-5 garlic cloves
3 tbsp. virgin olive oil
1 tbsp. white wine vinegar
Brittany sea salt
Freshly ground black pepper

Wash arugula leaves and enoki mushrooms and drain well.

Slice garlic cloves into thin chips, then fry them in olive oil until browned and crisp. Let cool and dry on paper towel.

Put arugula into a salad bowl and scatter the garlic chips and parmesan cheese over.

Make the dressing by mixing the oil and vinegar together in a tightly lidded screw-top jar. Season with salt and pepper to taste.

Just before serving, pour dressing over the salad and toss well.

PATTY PAN SQUASH

E.L.Johnson

1 tbsp. butter
1 tbsp. olive oil
1 c. thinly sliced onion
1 lb. patty pan squash, sliced thin
1/4 c. fresh oregano
1/4 lb. fresh tomatoes, sliced thin
1/4 tbsp. garlic salt
Freshly ground pepper to taste

Melt butter and olive oil together in large skillet. Add onion and stir over medium heat until transparent. Add patty pan and tomatoes, Cook, stirring frequently until squash is tender-crisp. Add herbs, salt and pepper. Cook two minutes stirring constantly.

TABOULI

1 3/4 c. boiling water
1 c. uncooked bulgur wheat
3 green onions or 1 small regular onion, minced
1 to 2 tomatoes, chopped
2 carrots, diced
1 cucumber, diced
3 tbsp. olive oil
3 tbsp. lemon juice
1/2 c. minced fresh parsley
1 to 2 tsp. fresh mint, minced
1 or 2 cloves garlic, minced
Salt and pepper to taste.

Pour boiling water over bulgur in a large bowl. Cover, stir occasionally, and allow bulgur to absorb water (this will take about 1/2 hour).

Uncover and allow bulgur to cool completely. Add remaining ingredients and toss thoroughly. Allow to marinate, refrigerated, for at least an hour before serving. Toss well again and adjust seasoning if necessary. Serves 5.

If you intend to keep your tabouli for several days, it's best to put the tomatoes in as you serve it.

** Add a cup or two of cooked garbanzos to create a main dish, serve with wedges of thick pita bread.

CITRUS SPINACH SALAD

Linda Bryant

Soy Dressing:
1/3 c. salad oil
3 tbsp. soy sauce
2 tsp. sugar
1/2 tsp. salt
Dash of liquid hot pepper
Dash of liquid hot pepper

Stir together salad oil, soy sauce, sugar, salt and 1/98 to 1/4 tsp. liquid hot pepper. Toss with salad.

ONION POTATO PIE

1 tbsp. butter

2 medium-sized onions, chopped coarsely

3 eggs

3/4 c. skim milk

3 to 4 medium-sized potatoes, unpeeled, cooked, and cubed

3 1/2 oz. Gruyère or other Swiss cheese, grated

Salt and pepper to taste

A sprinkle of grated nutmeg

Melt butter in a heavy skillet over medium heat. Add onions and sauté, stirring often, until slightly browned, but not quite transparent, approximately 10 to 15 minutes. Remove from heat and allow to cool slightly.

Beat eggs and milk together. Stir in cooked potatoes, grated cheese, salt and pepper, and nutmeg. Pout into a deep 9 inch pie plate and bake for 30 minutes, or until golden on top and fully set.

Serves 6.

** From Rolling Prairie Cookbook, written especially for CSA's to use an abundance of fresh produce

BROCCOLI SALAD

Emily Ehrlich via Melody

1 bunch broccoli, cut into bite size pieces (peel stems if tough)

Avocado, diced and tossed in the juice from 1/2 lemon

1/2 c. pistachio nuts, lightly chopped

Bring a large pot of water to the boil. Add broccoli and cook for 3 minutes. Drain and rinse in cold water. Toss with other ingredients, drizzle with olive oil and sprinkle with salt. Serve at room temperature.

SAVORY SQUASH PIE

Ann Vandeman

Pie Crust, however you like it
4 c. cooked squash
2 tsp. rosemary, minced
2 - 3 cloves garlic, crushed
1/2 tsp. salt, or to taste
1/4 tsp. pepper, or to taste
4 eggs
1 to 1 1/2 c. milk, or enough to make 2 c. total w/eggs
About 1/2 to 3/4 c. grated Emmenthaler or Gruyère cheese

I've used futsu and red kuri squash, and both were great. Mix squash with salt, pepper, garlic and rosemary. Crack the eggs in a measuring cup and add milk to make 2 cups. Beat these together, then add to the squash mixture and blend.

Prick the pie crust and spread half the cheese on the bottom. Pour in the squash mixture and spread the rest of the cheese on top. Bake for about 40 minutes in a 375 degree oven. It should brown a bit on top.

(I sautéed a few cups chopped kale and added that to the squash mixture as well.)

ROSY HOME FRIES

4 to 5 medium potatoes cooked until tender, but still firm then cubed
3 medium beets, cooked until tender, peeled and cubed
1 tbsp. olive oil
1 medium onion, finely chopped
1 large red pepper, chopped
1/2 c. minced fresh parsley
Salt and pepper to taste

Heat oil in a large skillet over medium heat. Add the onions, and sauté for 5 minutes, stirring often. Add the potatoes and beets and sauté for about 10 minutes, stirring occasionally, until the potatoes begin to brown slightly. Remove from heat. Toss in the red pepper, parsley, salt and pepper. Enjoy immediately.

Serves 6.

SPICY PAN FRIED SQUASH

1 acorn squash, halved and seeded
1/2 onion, chunked
2 tbsp. flour
2 eggs, lightly beaten
1 tbsp. ground cumin
Salt and pepper to taste
Red pepper to taste
1/4 c. olive oil

Cut squash into chunks (you could use other varieties of squash) and combine with chunks of onion in a food processor. Place in a colander and drain any excess liquid. Transfer to a bowl and mix with flour and egg. Season to taste.

Heat the oil in a large skillet over medium heat. Place walnut sized scoops of the squash mixture into the hot oil. Press flat with a spatula. Cook 3 to 5 minutes on each side, until golden brown. Drain on paper towels.

** Pan fried squash makes an excellent taco filler. Serve on warm fresh corn tortillas. Top with black beans, cheese, lettuce, tomatoes and your favorite salsa.

4 servings.

BOK CHOY AND GREEN ONIONS

2 tbsp. soy sauce
2 tbsp. water
1 tsp. sugar
1 tbsp. canola oil
1 tsp. sesame oil
1 bunch bok choy with leaves, cut crosswise into 2" pieces and rinsed
4 green onions, chopped
3 cloves garlic finely chopped
Crushed red-pepper flakes
2 tbsp. coarsely chopped peanuts

SPINACH SALAD WITH BERRIES AND CURRY DRESSING

dressing:

2 tbsp. balsamic vinegar
2 tbsp. rice vinegar
1 tbsp. honey
1 tsp. curry powder
2 tsp. Dijon mustard
Salt and pepper to taste

Whisk all ingredients together.

salad:

6 c. spinach
1 c. sliced strawberries
1 c. blueberries
1 small onion, thinly sliced
1/2 c. chopped pecans

Tear spinach into bite sized pieces and toss with other ingredients.

PURPLE BEANS AND BEET SALAD

1 lb. purple beans, cleaned, cut and parboiled
1 lb. orange beets, cleaned, cooked and peeled
4 tbsp. canola oil
2 tsp. toasted sesame oil
1/3 c. orange juice
1/3 c. rice vinegar
2 tsp. ginger, peeled and grated
1 garlic clove, minced
Salt and pepper to taste
3 tbsp. crumbled feta cheese.

In a medium glass bowl combine oils, orange and lemon juice, vinegar, ginger, and garlic, until well blended. Add salt and pepper to taste.

In a large bowl combine beans and beats. Drizzle the dressing on top and mix gently until well combined. Serve on a platter, topping with crumbled feta cheese.

SUMMER CORN AND TOMATO SALAD

(from Hay Day Country Market Cookbook by Kim Rizk)

5 c. fresh corn kernels

1/4 c. safflower or canola oil

3 tbsp. raspberry vinegar

Juice of 1 lime

Salt and pepper

4 ripe tomatoes, cored, seeded and coarsely chopped

10 scallions, white and light green parts, chopped

1/3 c. cilantro

Cook corn until just tender-crisp. Meanwhile, whisk oil, vinegar and lime juice together. Season with salt and pepper.

Combine cooked corn, tomatoes, scallions, and cilantro in a large bowl. Toss with dressing and serve at room temperature or chilled. (Salad will keep covered and refrigerated for up to 3 days.)

** Thanks Sandy Hill for sharing this recipe.

CHEESY CABBAGE

Mary Ann Altman

1/2 to 1 c. chopped onion

1 small head of cabbage, thin sliced or chopped

1 c. white sauce (recipe on page 3)

1/2 to 3/4 lb. cheddar cheese

Salt and pepper to taste

Use a pot with a tight fitting lid. Add chopped onion and 1 inch of water or chicken broth. Bring to a simmer. When onions are almost tender, add the thin sliced cabbage. Return to simmer and cook until crisp-tender. Remove from the heat.

Make 1 c. thick white sauce using condensed milk instead of milk. After the sauce has thickened drain the cabbage cooking water into it (should only be a small amount). Now add the chopped or grated cheese to the sauce and stir until melted. Add to the cooked cabbage with salt and pepper to taste.

HOLUBTSI
(MY UKRANIAN GRANDMOTHER'S RECIPE)

2 c. rice - bring to a boil, then wash in cold water

1 tsp. salt to 1 c. of rice

2 large onions - chop and sauté

Mix rice and onions with 1.5 lb. ground meat (mix of pork and beef, or lamb).

Parboil cabbage until the leaves loosen. Line bottom of large pot with cabbage leaves and 2 slices of bacon. Remove central vein from cabbage leaf, put in rice and meat filling, and roll up, tucking in the ends. Stack rolls in the pot.

Bake at 300 degrees F for about 1.5-2 hours

"MEI" CHINESE NOODLES

1 cube butter

1/4 lb. diced fresh mushrooms

1 5 oz. can of sliced water chestnuts

8 eggs

1 large onion

1/4 head cabbage, chopped fine

1 c. each broccoli, asparagus tips, green and red pepper slices

1 8 oz. pkg. Chinese egg noodles

1 pint chopped string beans

6 stalks celery, chopped

Boil Noodles. Chop vegetables slant wise. Blend eggs briefly. Drop eggs into hot oil stirring until scrambled and puffy. Set aside and stir in 1 tablespoon soy sauce.

Sauté vegetables in Wok careful not to overcook. Add water chestnuts, eggs, soy sauce, mushrooms. Stir in noodles and add butter.

SPINACH SALAD

Eleanor Peer

Salad:

1 bunch spinach, washed, dried and chopped
1 c. chopped cooked turkey
1/2 c. cran-raisins
1/2 c. grated carrots
1/2 c. sliced almonds
1/2 c. chopped red onions
1/4 lb. bacon, cooked crisp

Mix salad ingredients together.

Dressing:

1/2 c. each: oil, sugar
2 tbsp. each: Worcestershire sauce, catsup, dried onions and red wine vinegar

Mix dressing ingredients together. Toss with salad and serve.

ZUCCHINI WITH BASIL, PINE NUTS, AND CHEESE

From Local Flavors, by Deborah Madison

1 lb. or more zucchini, 6 to 8 inches long
Sea salt and freshly ground pepper
1/4 c. pine nuts
Olive oil
Freshly grated Parmigiano-Reggiano
10 large opal basil leaves, torn

Slice the squash in half lengthwise, then steam or simmer in salted water until tender. Meanwhile, toast the pine nuts in a dry skillet over medium heat until golden.

When the squash is done, arrange on a platter, cut side up. Drizzle olive oil over it and season with salt and pepper. Grate a veil of cheese over the squash, add the pine nuts and basil, and serve.

BROCCOLI SLAW

2 tsp. light mayonnaise
1 tbsp. cider vinegar
1 tsp. sugar
1 tsp. Dijon mustard
Pepper to taste
2 tsp. minced shallots or green onion
2 c. chopped broccoli, lightly cooked

In small mixing bowl whisk together the mayonnaise, vinegar, sugar, mustard and pepper. Stir in the shallots or green onions, then add broccoli. Toss the mixture well to coat the broccoli.

Per serving: 61 calories, 1.2 g fat, 62 mg sodium, 4.7 g protein, 11.4g carbohydrates, 4g dietary fiber.

From Healthy Cooking for two (or just you) Frances Price R.D. 1995.

Serves 2.

GOLDEN BEET SALAD

Jane Laclerque

1 lb. golden beets (red are ok)
1 bunch Swiss chard
2 tbsp. olive oil
1 tbsp. cider vinegar
4 boiled eggs

Bake or steam beets in their skins, approximately 30 minutes. Cool and peel. Slice in halves or quarters and marinate in 1 tbsp. olive oil, vinegar and seasonings. Chill.

Sauté chard in remaining olive oil until tender. Cool to room temperature. Place a bed of Swiss chard on 4 salad plates, arrange beets on top.

Separate egg whites from eggs, chop and sprinkle whites on beets, together with freshly ground pepper.

Yolks can be put to another use.

MEXICAN CORN SOUP

Becky Ehrlich

3 c. corn cut from the cob (or frozen)

1 1/2 c. stock (chicken or vegetable)

1 clove garlic, minced

1 tbsp. butter

1 tbsp. oregano

1 1/2 c. milk

2 tbsp. peppers, hot or mild, to your taste

1 c. jack cheese, cubed

1 c. chopped fresh tomatoes

1 c. cubed cooked chicken breast (optional

1 c. chopped fresh tomatoes

1 c. cubed cooked chicken breast (optional

Greens and More Greens

GREEN CHARD AND SLIVERED CARROTS

3 tbsp. virgin olive oil
1 clove garlic, sliced
2 small dried red chile peppers or double amount if fresh
1-1/2 lb. Swiss chard
3 medium carrots
Salt and pepper
Vinegar or sliced lemon wedges

Warm the olive oil in a pan with the garlic and chile peppers. Once the garlic slices are brown, remove them and set the oil and peppers aside.

Separate the chard stems from the leaves. Cut the leaves into large pieces and wash them. Trim the uneven ends off the stems. Then, to make the stems as tender as possible, peel off the thin, transparent outer skin from each stem. Catch the edge of a knife under the top layer of skin, and pull it down the length of the stem. It sometimes helps, especially if the stem is cured, to first cut the stem in half lengthwise.

Peel both sides of the stems, cut them into 2-inch lengths. Then lengthwise into narrow strips. Peel the carrots, slice them into long, 1/4-inch diagonals, then into narrow strips.

Bring 4-to-5 quarts of water to a boil, and add 4 teaspoons of salt. Briefly cook the chard stems and the carrots separately until each is tender--about a minute for the carrots, 2-to-3 minutes for the chard.

Remove them from the water and set them aside. Plunge the chard leaves into the water and cook until they are tender, 3-to-5 minutes, depending on the quality of the chard.

When they are done, remove them to a colander. Press against the leaves with the back of a wooden spoon to get rid of the water then put them in a bowl with the stems and the carrots, and toss them with the olive oil.

Season with salt and serve with vinegar or slices of lemon.

** Yield: 6 servings.

This can be either a hot side dish or a room-temperature salad.

GREENS SAUTÉED WITH GARLIC, RAISINS AND PINE NUTS

2 large bunches hearty greens, such as mustard, turnip, kale, collard or broccoli rabe, leaves only, shredded, washed and drained (about 1 1/2 lb.)

1/4 c. packed raisins black or golden

3 tbsp. olive oil

7 large cloves garlic, minced

1/2 c. pine nuts, lightly toasted

1 small red onion, sliced very thinly

1/4 tsp. salt

3 tbsp. balsamic vinegar

Bring 1/2 cup of water to a boil in a large non reactive pot over medium-high heat. Gradually add the greens, stirring them down with each addition. When all the greens have been added and are well wilted, add the raisins, partially cover the pot and reduce the heat to medium. Cook stirring occasionally and adding water if necessary, until the greens are very tender about 20 minutes.

Meanwhile combine the oil and garlic in a skillet and cook over medium heat until the garlic is soft, 3 to 4 minutes. Stir in the pine nuts, remove from the heat, and set aside.

In a small bowl, toss together the onion and salt and set aside.

When the greens are cooked, pour off any liquid remaining in the pot without draining thoroughly so the greens remain moist. Stir in the vinegar and garlic oil.

Transfer to a serving dish, arrange the wilted onions over the top and serve right away.

Serves 4 – 6.

BRAISED CHARD WITH SAFFRON & TOMATO

1 lb. Swiss chard stems
1 qt. water, see below
1 bay leaf
2 slices onion
2 sprigs thyme
Juice of 1 lemon
Salt and freshly ground pepper to taste
1 tsp. olive oil
1/2 small onion, finely diced
2 tbsp. basil leaves- torn small plus extra basil for garnish
1 pinch saffron threads
2 seed tomatoes, finely diced
2 tbsp. freshly grated Parmesan cheese

Water - prepare by simmering with 1 bay leaf, 2 onion slices, 2 thyme sprigs, juice of 1 lemon. Preheat the broiler on low.

Trim the chard stems, then cut into 2 to 3 inch lengths, on the diagonal. Drop them into the simmering water, add 1/2 teaspoon salt, and cook until tender but still just a little resistant to the knife, about 12 minutes. Scoop them out, reserving the cooking liquid.

Heat the oil in a 10 inch skillet with the onion, basil, and saffron threads. Cook over medium heat, stirring occasionally, until the onions soften and the saffron begins to yield its color, about 5 minutes. Add the blanched chard stems, season with salt and pepper, then add a cup of the reserved cooking water. Simmer, covered, until the stems are fully tender, about 7 minutes. Remove the lid, add the tomatoes, and cook until the remaining liquid has reduced to a syrupy consistency.

Transfer the cooked chard stems to a small gratin dish. Scatter the cheese over the top then slide under the broiler until the cheese is lightly browned in places. Garnish with a few more torn basil leaves, then serve.

Calories 110 Fat 3 g Carbs 22 g Sodium 288 mg Fiber 1 g.

** CDKitchen http://www.cdkitchen.com

Serves 4. Ready in 30-60 minutes.

GINGER KALE SOUP

4 c. kale, heavy stems removed, washed well and chopped
2 tbsp. water
1 tbsp. gingerroot, peeled and mashed
1 tbsp. virgin olive oil
2 tbsp. chopped onion
2 tbsp. flour
4 c. skimmed milk
1/4 tbsp. cayenne pepper
Salt and ground pepper
Sherry
Freshly grated nutmeg

Place the kale in a heavy saucepan with the water. Cover and cook on medium-low heat for about 5 minutes, stirring occasionally. Add more water if necessary. When the kale is almost limp, remove it from the pot. Using a food processor or blender, blend kale along with ginger. Process for a few minutes until very fine.

Heat the olive oil in the heavy saucepan. Add the onion and sauté for about 2 minutes. Whisk in the flour, being careful to keep the mixture smooth. Gradually add the milk and continue to stir. Season with salt, pepper, and cayenne. Add the kale mixture. Heat the soup until almost boiling.

Ladle into bowls, and just before serving add 1 teaspoon of sherry to each bowl and mix gently. To finish, grate fresh nutmeg over each bowl.

Nutritional analysis per serving: Calories 165, Protein 11g, Fat 4g, Calories From Fat 23%, Cholesterol 5mg, Carbohydrates 23g, Fiber 2g, Sodium 137mg

** Makes 4 servings.

Each serving equals one Five A Day servings.

LEAFY GREEN STRUDEL

2 tbsp. olive oil

1 sweet onion, thinly sliced

2 cloves garlic, crushed

1 tbsp. zest of lemons

2 tbsp. lemon juice

Salt and freshly ground pepper

1 tbsp. mustard seeds

4 c. Kale, trimmed and roughly chopped

4 c. collard greens, trimmed and roughly chopped

4 c. Swiss chard, trimmed and roughly chopped

If not available, use one or two or add spinach, Oriental or regular bok choy

1/2 c. pecans, toasted and chopped

1 8 oz. pkg. puff pastry, thawed

1 egg, lightly beaten

1 tsp. coarse salt

Preheat oven to 450 degrees.

In a large, nonstick frypan over medium high heat, heat oil. Add onion and garlic; sauté until softened. Add zest, lemon juice, salt, pepper and mustard seeds; cook one minute. Stir in leafy greens; cover and cook until softened, about 7 minutes. Remove from heat; stir in pecans.

Roll pastry to 12 x 9 inch rectangle, spread leafy green mixture along center.

Along one length of pastry, make diagonal cuts almost to filling, 1 inch apart; repeat on other side. Alternating strips, fold over filling to form braid, brushing with egg to secure. Brush entire top of strudel with egg; sprinkle with salt.

Transfer strudel to parchment lined baking sheet bake in a 450 degree oven until pastry is golden, about 20 minutes.

Let cool slightly.

** Soooo Good!! Use any combination of greens you wish. Looks great and tastes great for a brunch table.

Serves 8. Ready in 1 hour 25 min. prep.

BRAISED KALE WITH PANCETTA

2 tbsp. olive oil

1/4 inch slice pancetta, diced (makes about 1/4 c.)

1 small onion chopped

Pinch red chile flakes

1-1/2 lb. Kale, stemmed, leaves roughly torn

1-1/2 c. homemade or low-salt canned chicken broth

1 small clove garlic, minced

Fresh ground black pepper to taste

In a large, heavy saucepan or Dutch oven, heat the oil over medium-high heat. Add the pancetta, onion, and red chili flakes; sauté until the onion is deep golden, about 5 min.

Add the kale; toss with tongs to coat the leaves with oil. Add the chicken broth and bring to a boil. Cover, reduce the heat to medium low, and simmer until the leaves are quite tender, about 10 min. (Thicker-leaved varieties will need longer, so do check the pan, adding water or broth if needed, and taste a leaf.)

Stir in the minced garlic, raise the heat to high, and boil uncovered until the pan is dry. Season with a few grinds of pepper (you probably won't need salt) and serve.

** Serves two generously.

It always amazes me how much a huge bunch of kale shrinks during cooking. This recipe is especially good with the tender Red Russian variety. A squeeze of lemon makes a good finish.

KALE AND MUSHROOMS WITH BASMAIT RICE

3 bunches of kale (about 1 1/2 lb.)
1 c. water
1 1/2 tbsp. red wine vinegar
1 1/2 tsp. olive oil
1 c. finely chopped onion
2 garlic cloves , minced
8 oz. thinly sliced mushrooms
1 c. uncooked basmati rice
1 tsp. dried basil
1 can vegetable broth (14.5- oz. can)
1 bay leaf.
1 tsp. dried basil
1 can vegetable broth (14.5- oz. can)
1 bay leaf
1/2 c. finely ground parmesan cheese
1/4 tsp. freshly ground black pepper

Remove stems from kale; wash leaves thoroughly. Bring 1 cup water to a boil in a large Dutch oven; add kale. Cook 15 minutes or until tender. Drain kale; cool slightly. Chop kale, and sprinkle with vinegar.

Heat oil in pan over medium heat. Add onion; sauté 3 minutes. Add garlic and mushrooms; sauté 2 minutes. Add rice; cook 1 minute, stirring frequently. Add basil, broth, and bay leaf. Bring to a boil. Cover, reduce heat, and simmer 12 minutes.

Spread kale over rice. Cover and cook 5 minutes or until liquid is absorbed. Discard bay leaf. Sprinkle with cheese and pepper; toss well.

Yield: 6 servings (serving size: 3/4 cup).

PASTA AND FRESH GREENS

2 lb. fresh greens, coarsely chopped washed and drained (the best greens for pasta include chard, dandelion, kale, spinach, escarole and asian greens as tat soi or mitsu)

2 tbsp. garlic

8 c. chicken broth

3/4 lb. spaghetti, linguine or fettuccine

1/2 c. grated romano cheese

Place the greens, garlic and broth in a large pot. Bring to a boil over high heat, then simmer until the greens are tender, 3 to 10 minutes, depending on the greens. Remove from the heat, but do not drain. Set aside in a warm place.

Cook the pasta until al dente. Drain briefly and transfer to a platter or large bowl. Ladle the greens along with a bit of their cooking liquid over the pasta.

If you are serving the dish as a platter pasta, toss together the greens and pasta, top with the cheese and serve. If you are serving the dish in a bowl as more of a soup pour the rest of the pot liquid over the pasta and greens. Sprinkle the cheese over the top and serve without tossing.

From Smith & Hawken Gardeners' Community Cookbook, compiled and written by Victoria Wise, Workman Publishing Company New York 1999.

Serves 4.

GREENS BRAISED WITH GINGER, CILANTRO AND RICE

2 big bunches mustard greens, chard or both, stems removed

3 tbsp. vegetable oil

1 onion, diced

1/4 c. white rice

2 tbsp. finely chopped ginger

1 tsp. ground cumin

1 tsp. paprika

1 c. chopped cilantro stems and leaves

Sea salt

Plain yogurt or lemon wedges

Chop the greens, then wash them well, but don't dry them.

Heat the oil in a wide, heavy pot over medium heat. Add the onion, rice, ginger, cumin, and paprika. Stir to coat with the oil. Cook for 2 minutes, then add the cilantro and the mustard and/or chard greens. Sprinkle with 1 tsp. salt, cover the pan, and cook until the volume has reduced, 10 to 15 minutes.

Give everything a stir, then reduce the heat to low, re-cover, and cook slowly for 40 minutes. There should be ample moisture in the pot, but check once or twice to make sure that nothing is sticking on the bottom. If the pan seems dry, add a few tablespoons of water.

Cook until the greens are really tender, 10 to 15 minutes more. Serve warm or at room temperature with yogurt spooned over the top or a squeeze of fresh lemon.

KALE: A TRADITIONAL INDIAN RECIPE

Kale, one bunch, preferably red, chopped fine
1 green onion or shallot, chopped fine
1-2 cloves garlic chopped fine or 1/2 tsp. garlic paste
1/2 inch cube Fresh ginger, chopped fine
1-4 green chilies, chopped fine
3 tbsp. coconut, dried, shredded
1/2 onion, chopped fine
2-3 tsp. oil
1 tsp. salt
1 tsp. mustard seeds
1/4 tsp. turmeric powder
One big pinch cumin seeds

Heat oil over medium heat in a shallow frying pan, preferably Non-stick.

Put in mustard seeds and then green onion. When green onion starts turning brown, put in the onions, ginger, garlic, salt, cumin seeds, coconut, and turmeric powder. Stir until the onion wilts just a little. Stir in the kale, mix it well and reduce heat slightly. Keep the pan uncovered. Stir it occasionally till it is fully dry.

Note: Those who do not like coconut can omit it.

** Indian cooks would grind together the onions, garlic, ginger, coconut, cumin seeds, and turmeric before adding it to the pan.

PORTUGUESE KALE STEW

1/2 lb. corizo sausage, thinly sliced
2 (16) oz cans great northern beans
1 medium head cabbage, chopped
2 bunches Kale, stemmed and chopped
5 potatoes, peeled and cubed
4 c. water
salt and pepper to taste

In a large pot, lightly brown sausage. Add beans, cabbage, kale, potatoes and enough water to cover. Bring to a boil. Reduce heat and simmer until potatoes are tender about 20 minutes. Season with salt and pepper.

BRAISED KALE WITH BACON AND CIDER

2 bacon slices
1 1/4 c. thinly sliced onion
1 lb. chopped kale
1/3 c. apple cider
1 1/2 c. diced Granny Smith apple
1/2 tsp. salt
1/4 tsp. freshly ground black pepper

Place a Dutch oven over medium heat. Add bacon; cook 5 minutes or until crisp, stirring occasionally. Remove bacon from pan, reserving 1 teaspoon drippings in pan. Crumble bacon, and set aside.

Increase heat to medium-high. Add onion to pan; cook 5 minutes or until tender, stirring occasionally. Add kale, and cook 5 minutes or until wilted, stirring frequently. Add cider and vinegar; cover and cook 10 minutes, stirring occasionally. Add apple, salt, and pepper; cook 5 minutes or until apple is tender, stirring occasionally. Sprinkle with bacon.

** This recipe calls for what might appear to be a lot of kale, but it wilts to a manageable amount in the pan. The dish is a suitable side for roast chicken or pork. Also, consider using kale as a stand-in for spinach in other dishes. This low-calorie side dish has about 15 percent of the minimum daily recommended amount of fiber.

FRIED LETTUCE

1 large lettuce
1 tbsp. olive oil
2 cloves garlic, crushed
Pinch of salt
1 tsp. Vesop/Braggs (this is a substitute for soy sauce)

Wash and trim the lettuce and shake off excess moisture. Cut into four sections. Heat the oil and fry the lettuce for 1 minute. Add the crushed garlic, salt and Vesop; mix well and cook for another minute.

** CDKitchen http://www.cdkitchen.com

Serves 4. Ready in under 30 minutes.

SWISS CHARD OR SPINACH WITH PINE NUTS AND RAISINS

2 tbsp. raisins
1 tbsp. hot water
1 tsp. olive oil
1 medium clove garlic, minced
1 bunch spinach
1 tbsp. pine nuts toasted
1/4 tsp. salt
1/4 tsp. pepper

In a small microwavable bowl, plump raisins with hot water on high for 30 seconds.

In a large nonstick skillet over medium-high heat, warm oil; add garlic, cook until fragrant, about 1 minute; add spinach and stir occasionally until wilted, about 2 to 3 minutes. Toss with raisins, nuts, salt and pepper, Serve immediately.

** This recipe is delicious made with any dark green leafy vegetable- Kale, Swiss Chard or Spinach, your choice. Recipe comes from WeightWatchers.com. Points value 2.

Serves 2. Ready in 15 minutes 10 min. prep.

BRAISED KALE AND RED POTATOES

Recipes from eve

6 c. coarsely chopped kale (about 1 lb.)
3 c. cubed red potato (about 1 lb.)
1 c. water
1/2 tsp. salt
1 tsp. vegetable oil
1/4 tsp. crushed red pepper
3 garlic cloves, thinly sliced

Combine first 4 ingredients in a skillet; bring to a boil. Cover, reduce heat to medium, and cook 10 minutes. Uncover; cook over high heat until water evaporates. Spoon kale mixture into a bowl; set aside, and keep warm.

Heat oil in skillet over medium-low heat. Add pepper and garlic; sauté 3 minutes. Spoon over vegetables; toss.

Note: Substitute collard greens for kale, if desired.

KALE SALAD

12 oz. kale
1 1/2 tbsp. soy sauce
1 qt. boiling water
1 tbsp. Asian sesame oil

Rinse Kale; tear leaves into about 1-inch pieces, discarding tough ribs and veins.

In a 5 to 6 quart pot over high heat, bring about 1 quart of water to boil. Add Kale and cook until slightly wilted,3 to 5 minutes. Drain. When cool, squeeze excess liquid from kale and place in bowl.

Combine soy sauce and oil and pour over kale. Serve at room temperature.

Serves 6.

SWISS CHARD SAUTÉ

1/4 c. extra virgin olive oil
2 bunches (about 2 pd.) of Swiss chard, washed but not dried, tough stems removed
1 tbsp. minced garlic
1 tbsp. minced lemon zest
1 tsp. kosher salt
1/2 tsp. crushed red pepper

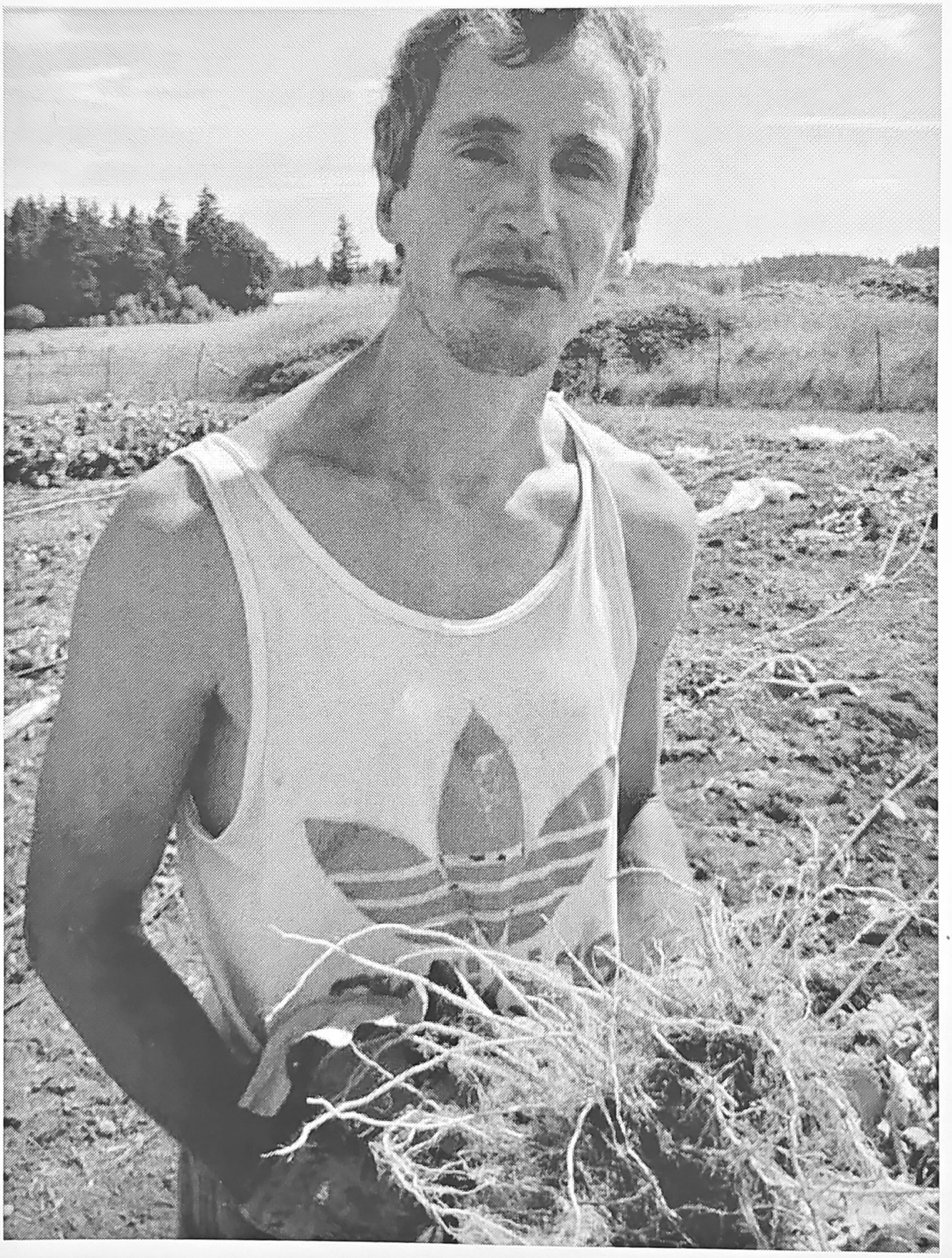
Cut the wet chard leaves crosswise into 1 inch slices. Pour the olive oil into a wok or large sauté pan.

Sauté the garlic over medium heat for 1 minute. Add the chard toss quickly, cover the pan, and cook until the chard is wilted about 3 minutes. Add the lemon zest, salt and red pepper and toss quickly. Remove from the heat, transfer to a serving dish and serve immediately.

Serves 4 to 6.

EXTRA RECIPES

Desserts



CARROT CAKE

For the Cake:

1 c. butter (2 sticks)
2 c. Sugar
3 eggs
2 1/2 c. flour
2 tsp. cinnamon
2 tsp. baking soda
2 tsp. vanilla
1 c. grated raw carrots
1 c. drained crushed pineapple
1 c. raisins

Using either a mixer or food processor, cream butter, sugar, eggs and vanilla. Add flour, cinnamon and baking soda. Stir in by hand pineapple, carrots and raisins. Place into prepared pan (either two layer pans or a tube pan.

Bake at 325 for 25 to 30 minutes if using layer pans, and about an hour or more for the tube pan. Frost with the butter cream cheese frosting.

Butter Cream Cheese Frosting:

1/2 c. butter, softened
1 8 oz. pkg. of cream cheese
3-4 c. confectioners' (powdered) sugar
1 tsp. vanilla

Blend butter, cream cheese and vanilla. Slowly add sugar.

To achieve the desired consistency, it may be necessary to add a few tablespoons of milk.

LEMON BLUEBERRY BREAD

1/3 c. melted butter
1 c. sugar
3 tbsp. lemon juice
2 eggs
1 1/2 c. all-purpose flour
1 tsp. baking powder
1 tsp. salt
2 tbsp. lemon zest
1/2 c. milk
1/2 c. chopped walnuts
1 c. fresh or frozen blueberries
2 tbsp. lemon juice
1/4 c. confectioners' sugar

Preheat oven to 350. Lightly grease an 8x4 inch loaf pan.

In a bowl, beat butter, 1 cup of sugar, juice and eggs.

Combine flour, baking powder, salt and lemon zest, stir into egg mixture alternately with milk. Fold in nuts and berries. Pour batter into prepared pan.

Bake 60 - 70 minutes or until a toothpick inserted in center of the loaf comes out clean. Cool bread in pan for 10 minutes.

Meanwhile, combine lemon juice with confectioners sugar. Turn bread out on rack and drizzle with glaze. Allow to cool completely.

** From Allrecipes.com Thanks Sandy Hill for this recipe.

RHUBARB CUSTARD PIE

Eleanor Peer

3 eggs, slightly beaten, and mixed with 3 tbsp. milk
2 c. sugar combined with
1/4 c. flour and 3/4 tsp. nutmeg
4 c. diced rhubarb

Stir sugar mixture into egg mixture, add rhubarb and then pour into an unbaked 9" pie shell. Dot with butter if desired, cover with a lattice top and bake at 400 degrees for 50 to 60 minutes. Serve while still slightly warm.

ZUCCHINI BREAD

Grandma Rocky's (Pat Delaney)

3 eggs
3 c. flour
1 c. oil
2 1/4 c. sugar
1/4 tsp. baking powder
1 tbsp. baking soda
3 tsp. cinnamon
2 c. zucchini
3 tsp. vanilla
1 c. chocolate chips, craisins, raisins, or dried fruit
1 c. nuts

Mix together eggs, oil, sugar, baking powder, soda, cinnamon, and vanilla. Add flour and stir well. Add zucchini and nuts and/or fruits. Bake at 350 degrees for 50 to 60 minutes. Because the added goodies may alter the baking time, test with toothpick to make sure center of loaf is firm.

Always great to bake up a variety when those large zucchinis are available. These loaves freeze well.

** You can add chocolate chips, Craisins, raisins, or fruitcake fruit mixtures to vary your bread.

RHUBARB CRISP

4 c. diced rhubarb
3/4 c. sugar
3 tbsp. flour
1 c. brown sugar
1 c. oatmeal
3/4 c. flour
6 tbsp. melted butter
1 tbsp. cinnamon

Combine rhubarb, sugar and flour and place in a prepared 9x9 baking dish.

Mix together remaining ingredients and crumble over the rhubarb. Bake at 375 for 40 minutes.

OVERNIGHT COFFEE CAKE

Carol Holt,
The Other Guys Inc.

2 c. flour
1/2 tsp. salt
1 tsp. soda
1 tsp. cinnamon
1 tsp. baking powder
1 c. sugar
2/3 c. vegetable oil
1/2 c. brown sugar
2 eggs
1 c. butter milk
1/2 c. brown sugar
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1/2 c. chopped nuts (optional)

Cream together sugar, 1/2 cup brown sugar, eggs and oil. Meanwhile, combine in a bowl the flour, soda, salt and cinnamon. Alternately mix these with cream mixture and buttermilk.

Pour into 9x13 cake pan and top with a crumbly mixture of the remaining ingredients. Cover with plastic wrap and refrigerate overnight. In the morning, remove plastic and bake in preheated 350 oven for 35 to 40 minutes.

RHUBARB CREAM PIE

Nancy Graybeal -
Canvas Works

2 1/2 c. rhubarb, cut up
1 c. white sugar
3 tbsp. flour
1 c. cream
1 tsp. vanilla

Mix all together, bake as a two crust pie at 400' for 45 minutes.

PICNIC CAKE

Nicci Johnson

1 c. quick cooking oatmeal
1 1/4 c. boiling water
1/2 c. shortening
1 c. sugar
1 c. brown sugar
1 tsp. vanilla
2 eggs
1 1/3 c. flour
1 tsp. each cinnamon, nutmeg & baking soda
1/2 tsp. salt

Gradually stir oatmeal into boiling water, let stand 20 minutes. Cream shortening and sugars, add vanilla and eggs. Sift dry ingredients together and add alternately with oatmeal, beating well after each addition. Bake in greased pan at 350 for 35 minutes.

Top with the following: 1/3 cup butter, 2/3 cup brown sugar, 1 cup flaked coconut, 1/2 cup chopped nuts, 1/4 cup evaporated milk, 1 tsp. vanilla all mixed together. Spread on hot cake and place it under the broiler. Broil until bubbly and starting to brown.

RAISIN OATMEAL COOKIES

Linda Bryant

4 c. rolled oats
1 1/4 tbsp. cinnamon
3/4 c. nonfat dry milk
1/2 c. wheat germ
3/4 c. butter
1 whole egg
2 egg whites
1 c. apple juice
1/2 c. raisins
1/2 c. carob or chocolate chips

Mix dry ingredients together, then beat together the wet ingredients. Stir dry ingredients into butter mixture and add raisins and carob chips.

Drop by rounded tablespoons onto ungreased cookie sheets. Bake at 325 until the edges are firm, 18 to 20 minutes. Cool on wire rack.

RAW APPLE CAKE

Carol Holt,
The Other Guys Inc

2 eggs, beaten
2 c. sugar
1/2 c. oil
Nuts, as desired
2 c. flour
2 tsp. soda
3/4 tsp. salt
1 tsp. vanilla
4 c. diced apples (not peeled)

Preheat oven to 350 degrees. Grease and flour a 9 x 13 pan.

Chop apples finely and place into a large bowl. In a separate bowl, beat eggs and oil together and pour over apples. Let stand while mixing the dry ingredients.

In a medium bowl, mix sugar, flour, salt, vanilla, and fold into apples and eggs mixture. Batter will be thick. Pour into prepared pan and cook for 45 minutes.

DESSERT CAKE WITH FRUIT

1/2 c. butter
1 1/2 c. brown sugar
1 egg
1 tsp. vanilla
1 c. buttermilk
2 c. flour
1 tsp. soda
1/2 lb. chopped rhubarb or other fruit
1/2 c. sugar
2 tbsp. butter, melted

Combine fruit,1/2 cup white sugar, cinnamon and melted butter and set aside.

Cream butter and brown sugar, then add egg and vanilla. Whisk flour and baking soda together and alternately add 1/2 of flour mixture to butter mixture, alternating with 1/2 of buttermilk. Pour into rectangular cake pan and top with fruit mixture. Bake at 350 for 40 minutes.

BANANA BREAD

3 ripe bananas, peeled
3/4 c. honey
1/4 c. butter, melted
1/2 tsp. baking soda
1 1/2 c. whole wheat flour

Mash he bananas in a large bowl. Add the melted butter and the honey. (It is easiest to melt the butter in a measuring cup, then add the honey to the cup--the butter helps it to slide right out.)

Mix the baking soda and whole wheat flour together, and add them to the bowl. Stir with a spoon and pour the mixture into an oiled bread pan. Bake at 350 for one hour. Check to see if it is done by inserting a toothpick into the middle--if it comes out gooey, cook a little longer. Remove from pan and cool on a rack. Cut the bread after it has cooled.

EXTRA RECIPES

Miscellaneous

STORAGE TIPS

Wash with cold water before cooking.

Greens should be used within a few days of purchase.

1 pound of untrimmed greens will typically serve 2 to 3 people. A pound of greens may look like an enormous amount, but will cook down considerably.

Wrap collards or kale in a damp towel and place in an open plastic bag in the crisper drawer (or coldest section) of your refrigerator.

Store chard, escarole, chicory, rabe and mustard greens in a perforated plastic bag. All cooking greens will lose their "bounce" quickly in the refrigerator.

If stems are small and tender, simply chop them along with the leaves. If stems are large, strip them and chop very finely and cook longer.

Kale, collards, broccoli rabe and mustard greens possess a strong, spicy, or appealing bitter flavor, while chard and beet greens are more mellow. To create a balanced dish of wider appeal, mix greens from these two camps.

ALL PURPOSE PESTICIDE

1 quart water

1 large garlic bulb

1 small onion

1 tbsp. cayenne pepper

2 tbsp. dish soap

Blend all but the soap together. Add the soap and shake. When foam subsides, strain and put into a spray bottle. Keeps well in refrigerator for two weeks.

** This can be used safely indoors or out.

COOKING TIPS

Basics of preparation

Steam: the low fat method. (kale, collards, chard)

* Kale and collards can be steamed for 8 to 10 minutes. Steam chard for 5 to 7 minutes, placing stems in before leaves.

Braise (collards, kale, chard, escarole, chicory)

* For every pound of trimmed greens, bring 1/2 to 3/4 cup of water or chicken stock to a high simmer. Add chopped greens and simmer, covered, until tender. Remove cover and increase the heat for the last couple of minutes to cook off any extra liquid.

Sauté (collards, kale, chard, escarole, chicory, mustard greens, rabe)

* Collards and kale can be steamed prior to sautéing or just sautéed longer, to desired tenderness.

The other greens should be sautéed in the water that clings to their leaves after washing. If they are not cooked by the time this moisture has evaporated, add a bit of water to finish cooking.

ROASTED TOMATOES

Nicci Johnson,
Cascade Northwest Brokers

Tomatoes **Salt**

When you have more tomatoes than you can eat fresh, put these in your freezer for a taste of summer all year long.

Cut your extra tomatoes in halves or quarters, depending on size. Place the tomato pieces on a cookie sheet lined with parchment and sprinkle them with salt. Place the cookie sheet in a 275 degree oven until they are mushy.

Transfer the tomatoes to serving size containers which have been sprayed with oil (custard cups work well) and place in the freezer. After they have frozen, dip the container in hot water to help release the sides; pop the frozen tomato cups into freezer bags and use anytime you want that intense tomato flavor in soups and sauces.

SERVING TIPS

Greens are great as an addition to calzones, pizzas or pasta.

Well-cooked kale (including puréed kale) is excellent in potato dishes of all sorts.

Sprinkle greens with lemon juice or vinegar (rice or balsamic are nice) before serving to heighten their flavor.

Add panache and nutrition to soups.

Sauté chard in olive oil with garlic and ginger. Serve with lightly-roasted pine nuts of parmesan cheese. Or sauté in plain olive oil and serve in omelettes or quiches.

Sprinkle broccoli rabe with grated Italian cheese. Serve as a side dish, over pasta, brown rice or quinoa, or as a pizza topping

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